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Hearing on Development Continued

By Dahlia Grossman
Editor/publisher

The hearing on the proposed Valley Vineyard development in Leona Valley has been continued to an unspecified date in June, according to Leona Valley Town Council member Peggy Fuller.

The town council asks that residents write to Regional Planning letters expressing their opinions and concerns about the proposed development, which calls for the construction of 117 homes near Bouquet Canyon Road and 87th Street.

The council stressed that even if you have already written a letter, you need to write a new one, as the old ones may not be considered at the upcoming hearing. "We have only seven letters so far," said Fuller at the March town council meeting. "The commissioners want to know what people feel today," she said.

The letters should be addressed to L.A. County Dept. of Regional Planning, Attn.: Jodie Sackett, 320 W. Temple St., Room 1382, Los Angeles, CA 90012. Send a copy of your letter to Supervisor Antonovich. Reference Project No. TR066952-(5).

Regional Planning's web site has posted the letters they have received; if you need ideas about what to write, take a look at them. http://planning.lacounty.gov/cause/view/project_no._tr066952-5/

Also, see LeonaValleyTownCouncil.org for more information.



Congratulations to the Lakes new queens: Miss Kimberlee Benz, Junior Miss Hannah Taylor Burk, and Little Miss Sierra Michelle Crews. Photo: Teresa Kivisto. See page 16 for article and more photos.

Green Valley Asked to Comment on Barren Ridge

By Lu Bole, senior staff writer

The proposed Barren Ridge project was discussed at the March 9 meeting of The Green Valley Town Council.

A proposed draft will be presented soon to the Los Angeles Board, and after it has been released there will be another period open for concerned citizens to respond. There will be a meeting on Friday, March 25 with the DWP on the proposed easement along San Francisco Cyn. Rd.

Dale Kimmel, the GVTC president, is scheduled to actually walk the proposed route with DWP representatives to see exactly where possible problems might arise. It has been noted that there are a few buildings that have been actually built within that easement, and there may have to be changes made, as it is thought that the existing route along San Francisco Cyn. Rd. will be the one chosen.

Dale has promised to let us know immediately when he learns anything more.

See Green Valley, page 3.

Proposed Wind Turbines to be Discussed April 2

By Dahlia Grossman, editor/publisher

If you are concerned about a proposed wind turbine farm just north of Lake Hughes and very close to the Poppy Reserve, please come to the April 2 meeting of the Lakes Town Council. Cliff Graham, a representative of NextEra Energy, has been invited to speak.

NextEra wants to erect 80 415-foot-tall wind turbine towers in the Fairmont area. According to Bob Large, president of the town council, the project would be located between the California Aqueduct and Portal Ridge, west of the Poppy Reserve.

Red lights, which would be attached to turbines, would be visible from Elizabeth Lake.

In related news, Lakes Town Council member Cassidy Skelton reported to the council about a proposed renewable energy project at 210th Street West and Avenue C.

Finally, the Oaks Retreat in Lake Hughes has been contacted by a renewable energy company to lease some of its land.

Residents are urged to attend the meeting, which will start at 8:30 a.m. at the Lakes Community Center.

Lakes to Start Neighborhood Watch

Neighbors Looking Out For Each Other

The newly forming Lakes Neighborhood Watch program will hold a Meet and Greet evening at 7 pm on Wednesday, April 13 at Saint Elizabeth Mission (at the intersection of Johnson and Elizabeth Lake roads).

Sheriff's Deputy Robbie Royster, Neighborhood Watch Liaison and Community Relations, Palmdale Station, will be the keynote speaker.

Anyone who wants to help keep our community safe and be a helping hand to his or her neighbors should attend.

For more information and any questions please contact Gene Heintz at 661-264-7279 or Deputy Robbie Royster, Crime Prevention / Community Relations, Palmdale Sheriff's Station, 750 East Ave Q at 661-272-2520; email: raroyste@lasd.org

County Shuts Down Dog Training in Leona Valley

By Dahlia Grossman, editor/publisher

A Leona Valley woman has asked the town council to revise the community standards district guidelines to allow dog training on parcels zoned A-1. The county's current zoning law allows dog training on A-2 (heavy agricultural) parcels, but not on A-1 (agricultural with a residence).

The request followed an incident in which a neighbor complained to the county about Nancy Smith, who was helping neighbors train their dogs on her property at 90th and Leona Avenue.

See Dog Training, page 3.

THE MOUNTAIN YODELER

Deadline for ads, payments and articles for the Mar. 1 issue is Jan. 12. Payments: Mountain Yodeler, Box 444, Lake Hughes, CA 93532.

For more information, call 965-2201 or 724-1293. dahlia.grossman@verizon.net

COMING EVENTS**4-H Easter Egg Hunt**

April 23
Leona Valley Community Building

Breakfast with the Easter Bunny

Sunday, April 24, 8 am to noon
Green Valley Community Hall

Easter Baskets

The Church of the Lakes is again offering Easter Food Baskets to those in need within our community. If you would like to receive a basket, please call Dawn Dunn at 724-1435 before Sunday, April 10.

Baskets will be available for pickup on Sunday, April 17 between noon and 12:30 in the basement of the church.

For those who feel they can help with our food mission, there will be a box available outside the church for any non-perishable items you wish to donate.

Easter Breakfast

A community Easter breakfast will be held from 8 to 9:30 Easter morning at the Lake Hughes community center. All are invited.

Pet Vaccine Clinics

Leona Valley
April 16, 11am -1 pm
Leona Valley Community Building
Sponsored by Dave and Janice Gantenbein

Lake Hughes
May 7
Lakes Community Center
(Johnson Hall - back building)

LVIA Membership Breakfast

April 2 from 7:30 - 10:30 am
LVIA Membership Breakfast
Leona Valley Community Building

Garage Sale - Little League

Sat., April 16 from 8 am -3pm
14970 Little Boy Drive
Lake Elizabeth
724-1359

Cherry Festival Parade / Craft Fair

June 4
The Craft Fair will be located at the community building 8367 Elizabeth Lake Rd. from 9 am to 4 pm. Call Jan at 270-9268 if you wish to be a craft vendor.

The Folk Connection
Lancaster Performing Arts Center, April 10
Tickets: 661 723-5950.

Kindergarten Roundup for HELUS on April 8

Hughes-Elizabeth Lakes Union Elementary School, a California Distinguished School, will have a Kindergarten Round-up Day for students entering kindergarten for the 2011-2012 school year on April 8 at 3 p.m. in the school cafeteria. Hughes-Elizabeth Lakes Union Elementary School will continue to have small class sizes for the 2011-2012 school year.

Parents should plan on attending with their new kindergartner; parents will receive a registration packet with a checklist of what is required for registering. Parents will also receive a tour of the kindergarten classrooms and playground. Students will have a story read to them while the parents are receiving their information.

Children who will be 5 years old on or before December 2, 2011 will be eligible to enroll in kindergarten for the 2011-2012 school year. Students who live outside the Hughes-Elizabeth Lakes School District boundaries can only be accepted if they have already filled out the District of Choice application (District of Choice applications were available November and December 2010).

For further details, or if you are not able to attend this meeting, call the Hughes-Elizabeth Lakes Union Elementary School office at 661-724-1231. Our address is 16633 Elizabeth Lake Road, Lake Hughes.

Pasta Night at Lakes Community Center

By Tom Joynt, contributing writer

The Lakes Community Center will hold its annual Pasta Night for Leona Divide Runners on April 29 this year. It is open to the whole community and is a fun time to meet with runners before the race and hear of the great experiences in past years.

The event will begin at 4 pm and run until 7 pm at the Lakes Community Center building in Lake Hughes. The dinner is \$7 for adults and \$3.50 for children. It is an all inclusive meal with pasta (meat and vegetarian), salad, dinner roll,

dessert and drink. We hope you will join with your neighbors to make this a wonderful evening.

The day of the race, April 30, a lunch will be served for the runners as they come over the finish line. Again this year, there will be chicken fajitas, black beans and rice.

This lunch is, too, open to the community. For only \$6, you will be able to enjoy this fare, which includes a soft drink. Beer and dessert will be available for an extra charge. The entire profits from this year's Leona Divide meals will go towards paying for the paving of the parking lot.

Please come out and help support this endeavor.

Photos: The driver of this silver car lost control pulling into Jackie's (Crazy Otto's) parking lot, hit the orange car, sending it into the seating area (top photo) and then ran over the parked motorcycle (bottom photo). No one was hurt.

Photos: Gayle Kaye.

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Green Valley Power Lines

Anyone with comments/questions/etc. concerning this proposed route is urged to either write letters, telephone or send e-mails to the appropriate parties. Waiting until after that draft is in its next stage is TOO LATE! If you have legitimate concerns NOW is the time to let your voices be heard. There are four choices for you to make:

1) Telephone the toll-free Barren Ridge Hotline (877)440-3592

2) Visit the Project website www.ladwp.com/barrenridge

3) Visit the interactive Map and Public Comment Website at <http://gis.powereng.com/BRRT>

4) Send written comments to: BRRT - Forest Service/BLM/LADWP, c/o POWER Engineers, Inc., 731 E. ball Road, Suite 100, Anaheim, CA 92805

Any comment received will receive due consideration, and if we give them our address, they will put us on their mailing list to receive the periodic newsletters that they send out.

Dog Training from page 1

The request followed an incident in which a neighbor complained to the county about Nancy Smith, who was helping neighbors train their dogs on her property at 90th and Leona Avenue.

The result of the county's investigation was that SMith's activities were considered to be the operation of a school, which is not allowed under A-1 zoning.

Smith said that her understanding of the county's legal documents is that even if you train only your own dog you are considered to be running a school. She said her work with local youth helps the children gain confidence, keeps them out of trouble,

and helps them learn and grow in a way that is positive. According to Smith, the county suggested that she apply for a zoning variance for her property, but she is concerned that others in Leona Valley - including the 4-H Club - may be affected by what she terms "the county's narrow interpretation (of zoning)."

A trainer who was assisting Smith had only positive things to say about her efforts. "The difference I've seen in these kids is amazing," said the trainer. "They've offered to pay me, but I've refused. I just want to see them continue to do well," she said.

About 150 attendees of the February town council meeting voted unanimously to have the town council try

to revise the CSDs to allow dog training on A-1 parcels. At that time a committee was formed to look into it.

At the March meeting, Smith suggested the following language for the CSD revision:

"Permitted uses. The following uses shall be permitted in any agricultural zoning located within the boundaries of the Leona Valley Community Standards District: Dog facilities for practice, training and competition of sports, including but not limited to herding, agility, flyball, field trials, earth sports, rally and obedience."

It was determined that 330 homes in Leona Valley are zoned A-1.

Green Valley Frisbee Golf Course to Reopen

By Lu Bole, senior staff writer

The Frisbee Golf course in Green Valley is well on its way back into existence with the meeting held at the Green Valley Charitable Hall on Tuesday, March 15.

Conducted by the Green Valley Town Council Board, the meeting lasted a brief 10 - 15 minutes, with Jim Muskovich informing the 19 interested attendees that the liability insurance can be secured as per the USFS demands.

The group now has an official name: "Green Valley Disc Golf Society," and the necessary Special Use Permit will be secured from the USFS within the next few days.

Jim also wanted to emphasize the fact that this use of the National Forest property adjacent to the GVCH has several positive points, not the least of which is that the disc golfers are "Just here to have fun."

Having folks regularly present tends to reduce the danger of vandalism, arson and other undesirable activities, and gives the young folks here in Green Valley a wholesome choice of outdoor exercise.

In the several years that the course has been in use, no damage to the forest has occurred, and littering has been almost non-existent.

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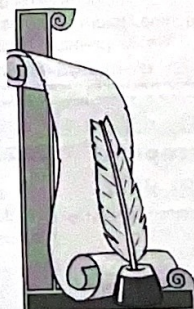
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NOTICES

YARD SALE

Don't miss the Woman's Club's annual yard sale on May 7 from 8 am to 3 pm in the front parking lot of the Lakes Community Center. If you would like to donate items to be sold, please call Cindy at 270-9172 to arrange to drop off your items or have them picked up. Remember, all proceeds go to charity.

Libertarian Party

AV Libertarian Party will meet at 7 pm on April 15 for dinner and 8 pm for a business meeting at the Green House Cafe in the AV Mall. For more information, see <http://sites.google.com/site/avlibertarian>

Cancer Support Group to Meet

American Cancer Society's Prostate Cancer Support Group meets from 12:30 to 2:30 pm on the third Tuesday of each month at the Lutheran Church of the Master, 725 East Avenue J, Lancaster. Need someone to talk to before or after a treatment? For details, call Gary: 661-266-1153, Larry: 661-943-4588, and Arne: 661-264-1113. 661-718-1906.

Toastmasters Group Forming at YMCA

Improve your speaking and communication skills in a safe and supportive environment.

The Y Toastmasters meets Friday evenings at 6:45 at the Antelope Valley YMCA, 43001 10th Street West, Lancaster. Phone: 661-349-0851. (The YMCA is located just south of the park and ride lot, between avenues "K" and "L.")

Call Firefighters needed for Green Valley and Leona Valley. Call John Grimm at 270-1628.

Ham Operators Needed In all communities, especially Green Valley. Please call Doris 609-3888 or the Fire Safe Council at 270-9911.



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Leona Valley Starts Festivities

Leona Valley residents are gearing up for a great spring. The Leona Valley Improvement Association (LVIA) has several events planned for the next few months, culminating in the annual Cherry Parade and Festival.

First on the list is LVIA's annual Membership Breakfast, sponsored by Rally Auto Group, and start of this year's membership drive. The breakfast is set for Saturday, April 2, at 7:30 a.m. The menu includes pancakes, sausages, eggs, orange juice and coffee. It is free to LVIA members and membership fees can be paid that morning.

The Leona Valley Community Building, located at 8367 Elizabeth Lake Road, is the venue for most of the festivities in the community. On the grounds are the Leona Heritage Park and Museum, the old one-room schoolhouse and the Lee Rackett Arena.

LVIA membership dues are the prime source of

income for the association and for the funds needed to pay property taxes, insurance, utility bills and other costs involved in maintaining the Community Building and grounds and for publishing the community newsletter, *Cherry Chapters*.

The association's membership year is April 1 through March 31. Membership forms are usually included in *Cherry Chapters* or are available near the Post Office in Rancher's Market, as well as at most events at the building.

Coming up on June 4 is the Cherry Parade and LVIA is looking for a grand marshal and a junior grand marshal. The grand marshal is chosen from people nominated by Leona Valley residents for their service to the community. Anyone interested in nominating someone can fill in a form, found by the Post Office, or just write out the name of the person nominating someone, the name of their nominee, contact information for both parties and why they think that person

should have this year's position leading the parade. Place the nomination in the LVIA box in Rancher's Market. (Leona Valley residents only, please.) The nomination deadline is May 18.

The junior grand marshal title is given to the eighth grade or younger girl or boy who wins the contest for this year's parade theme. Theme contest entries, from Leona Valley residents only, should be placed in the same box at Rancher's, should be eight words or less and the words cherry or cherries should be included. Please include name, age and contact information. Theme contest deadline is April 20.

Also included in the Leona Valley Community Building events over the next few months are the Low Cost Small Animal Vaccination Clinic on April 16, from 11 a.m. to 1 p.m. (Be in line by 12:45 p.m.) The 4-H hosted Easter Egg Hunt on April 23 and the 4-H fundraising Mexican Dinner on May 7.

The plans for the Cherry Parade are under way and information on all these events can be found on the Leona Valley Town Council website at www.leonavalleytowncouncil.com.

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Lakes to Celebrate Earth Day

Conservancy Trash Pickup

Lakes and Valleys Conservancy is having its second annual Earth Day Event and trash pickup contest on Saturday, April 30 from 9 am to 1 pm. There will first, second and third prizes for those who pick up the most trash by weight. In addition, there will be many raffle prizes.

A \$15 entry fee per person includes a FREE Friends of the Lake T-shirt and helps support Lakes and Valleys Conservancy.

Lake Elizabeth resident Julie Braucksieker said of last year's event, "I was so proud of everyone who came out and joined in to improve our community and win some great prizes."

Volunteer Karen Graham commented, "Last year was really great. Everyone had a lot of fun!"

Meet at The Ranch at Elizabeth Lake (formerly the Greenside Grill) at 14700 Elizabeth Lake Rd.

For more information, go to LakesandValleys.com or visit us on Facebook at 661.886.3015.

Earth Day Haircuts

In honor of Earth Day, which happens to fall on Good Friday this year, April 22, I will set aside Thursday, April 21, to donate half of the salon's proceeds to the Lakes and Valleys Conservancy.

I will be booking haircuts that day and Louisa Stephen, president of the Conservancy, will be here to give information and answer questions about the cause.

If you would like to participate in this charitable event, please call Salon Duron Hair Studio at 724-1717 by April 20 to book your appointment.

If you are partial to your hairstylist, I completely understand. We will be available to take donations as well. Thank you all for supporting your community and local businesses.

Peace and Love
Tanya



Volunteers take a break from picking up trash at last year's event. Graham photo.

"Earth" Spaghetti at The Rock

Come to The Rock Inn and have Lakes and Valleys Conservancy members serve you all you can eat spaghetti dinner.

Every Wednesday from 6:30 to 9:00 pm during the month of April Conservancy members will serve you and a portion of the proceeds will benefit Lakes and Valleys Conservancy.

Change Batteries in Smoke Alarms

John Grimm of Station 140 in Leona Valley reported that the Fire Dept. donated two smoke alarms and five batteries to residents of Leona Valley's mobile home park.

If you know anybody who needs a smoke detector, let John know at 270-1628. John also reminded people at the March meeting of the Leona Valley Town Council that they should change the batteries in their smoke alarms when they turn their clocks ahead. If you forgot to do so, now is the time.

Also, make sure your emergency kits are up to date.

If you do not have an emergency kit and need help putting one together, contact the Fire Safe Council at 270-9911 for more information.

I've joined the Troop Real Estate team in order to better serve my clients. I've expanded my area of expertise to include the Santa Clarita Valley, while I remain a resident of and continue to serve the Antelope Valley."

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Beer and Wine - Su-Th 7 to 8, F-S 7 to 9**

Safe Place Needed to Pull Over on San Fran

By Lu Bole, senior staff writer

A Green Valley resident expressed concern at the town council meeting about the lack of places to safely remove vehicles from the pavement along San Francisquito Cyn. Rd. in the event of a breakdown.

It is not safe to leave a car ON the pavement, of course, and there are many places where either bushes have fully grown across the shoulder of the road, or ranch owners have actually put fences too close to the pavement to safely pull a car off.

Even where there is room to safely pull a car off the road, the danger of dry grass and weeds catching fire in the summer from catalytic converters is a real danger.

It has been noted that there has been quite a lot of shoulder clearance work done along San Fran. above Spunky Cyn. Rd., but there needs to be something done below Spunky, also.

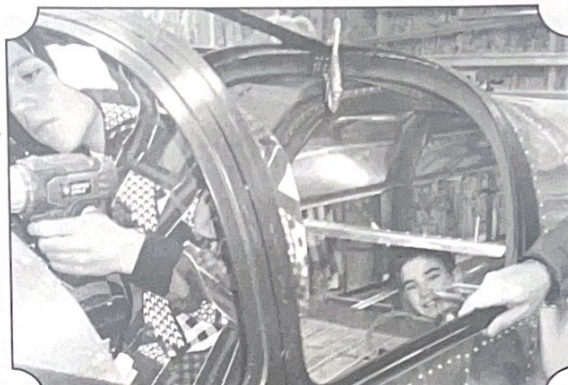
Trial Underway For Escapee Burglars

By Norm Judd, senior staff writer

Deputy Bob Schneider was present in Lancaster Juvenile Court March 7, 2011 for Escape and Burglary proceedings against two escapees who left Camp Munz/Mendenhall December 14, 2010.

The MS13 gang member and his companion then broke into the unoccupied home of Brian and Dawn Baertlein, 23103 Pine Canyon Road, where they stole and damaged \$5,000 worth of property, stole a car and drove to Los Angeles, where they were arrested.

Deputy Schneider will notify The Yodeler when there is a final court disposition.



Above and at lower left: Teen members of SCAMP work on airplane with Tony Unger of Leona Valley. Unger photos.

Teen Airplane Group is Growing

The Southern California Aviation Mentoring Program was started here in Leona Valley and still has a group of teens meeting every week. But this year the program has begun to grow beyond the Lakes and Valleys. With financial support from Northrop-Grumman, Scaled Composites, Kuzyk Law in Lancaster and other companies and individuals, Scamp will soon be operating in the Palmdale Lancaster area and looking towards expanding further.

Tony and Nancy Unger, the directors of the teen mentoring program, have lived in Leona Valley for about 10 years. Tony is a contractor with Genesis Construction, who does work throughout the Lakes and Valleys.

According to Tony, they have reached an agreement with Sonex Aircraft to provide an aircraft and engine at a reduced rate. Scamp will also coordinate with Sonex's educational program and the EAA Young Eagles program.

Tony has spoken at the test pilot school at Edwards Air Force base about the program and has seen tremendous interest from military pilots and engineers for teachers in the program.

"We are currently negotiating for a site and as soon as we finish these negotiations we will be ready to start up, even without additional funds," said Unger.

"We are very hopeful that our fundraising concert at Lancaster Performing Arts Center on April 10 will generate the additional funds to see the program through the coming year. The concert will feature "The Folk Collection," a touring and recording act that plays concerts all over the country. Tony Unger is part of this group.

For more information about the program go to www.avscamp.net

For tickets to the concert call LPAC at 661 723-5950.

Verizon not adding accounts here

Verizon will not add any more DSL accounts here, according to Lakes resident Teri Gordon. "If you don't have DSL and want it, send me a letter (c/o P.J. deHaas Properties)," said Gordon.

Pinker's Place Moves from Quartz Hill to Lancaster

Leona Valley store still open

Pinker's Place has moved its Quartz Hill store to Lancaster Boulevard. Stop by and see an awesome collection of treasures at very reasonable prices. Or visit the Leona Valley store at the corner of Elizabeth Lake and 90th Street West.

Sheriffs Take Threat Seriously

By Norm Judd
Senior staff writer

A Green Valley woman was jailed for posting a threat against Deputy Mike Sellers and using Facebook to attempt to locate his home.

Resident Deputy Bob Schneider told The Mountain Yodeler that Jennifer Green Tilch, approximately 35, came out of the Green Valley Market on February 28, 2011 and began cursing and berating Deputy Sellers while he was handling a traffic stop of another woman out front.

After several warnings by Sellers and Deputy Schneider about interfering with police business, she finally went back into the market.

Later, local residents told deputies that the irate woman had continued complaining around town about Sellers and then it was discovered that she was allegedly attempting to locate his home on Facebook, saying, "I'm gonna get him!"

According to Schneider, Sheriff's Major Crime Bureau investigated and subsequently arrested Tilch for Threats Against a Peace Officer, Penal Code section 71, a felony that can carry a sentence of up to a \$10,000 fine and a year in jail. She was booked at Century Regional Detention Facility in Lynwood and is awaiting trial.

Deputy Schneider was unsure of the reasons for Tilch's anger, but added, "Local residents have asked us to do what we can to stop drug use by tweakers who are thieves and a constant source of trouble. So we have spent considerable time in Green Valley recently."

Lake Hughes resident Jim Zubiena lauded our deputies at the March meeting of the Lakes Town Council for their outstanding work. "Four years ago, we had many problematic people," said Zubiena. "It's only because of people like this (our deputies) that the town has been cleaned up," he said.

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Leona Valley

camp seeks council members

By Dahlia Grossman
Editor/publisher

Camp Mendenhall is seeking two community representatives to serve on their financial oversight council

Lakes resident Jason Deaville, who has taught at the camp since 2000, told residents at the February meeting of the Lakes Town Council that the camps receive Title 1 funding from the government. "We have to set up a council to decide how the dollars will be spent," said Deaville. The term will be two years.

Title 1 is a federal supplement designed to help low achieving students, particularly in reading and math.

Deaville noted that camps Mendenhall and Munz really want to "partner" with the community. "Students need mentors and tutors and donations of books," said Deaville. "Many are performing at the 4th to 6th-grade level," he said.

Deaville explained that 90% of the kids incarcerated at these camps either don't know their own father or their father is in jail. "That's a big part of the problem" said Deaville. "As many connections as we can forge with the community, the better," he said.



Jr. Miss Lakes Kimberlee Benz (right) and Miss Lakes Princess Nicola Elizabeth Hamilton looked beautiful in their formal gowns. at the recent pageant. Photo: Lu Bole.

Leona Valley Says Goodbye to Brown Act

Leona Valley Town Council is removing all references to the Brown Act from its by-laws, since it has now been determined that the Brown Act does not apply to town councils or other non-legislative bodies.

The intent of The Brown Act is to have openness in the meetings of legislative bodies, but it placed many cumbersome restrictions on council members. Leona Valley Town Council President Bill Elliott said the council will still operate in an open manner, but it will be easier for members to communicate.

The Brown Act had been a contentious issue at both Leona Valley and Lakes town councils for the past couple of years.

Leona Valley Town Council also reported that all members of its council except one who was absent from the March meeting have signed a conflict of interest statement. The intent of the document is to protect residents from a council member who might put his or her self interest ahead of that of the community. A discussion ensued as to whether committee members need to sign the document. The discussion will continue at the April meeting after some legal research is done.

The council noted that, while the IRS recommends a conflict of interest statement, it is not mandatory.

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L.A. County Fire transports an injured motorcyclist to a helicopter that landed on Paul Koslo's land in Pine Canyon. Two people were seriously injured in the crash, which occurred on the morning of Friday, March 11. The victims were airlifted in a Blackhawk Jet helicopter. Photo: Paul Koslo.

THE MOUNTAIN YODELER

Editor/Publisher - Dahlia Grossman

Production: Dahlia Grossman

Staff Writers: Lu Bole, Norm Judd, Shawny Kaltenbach

Contributing writers:

Dawn Baertlein, Glenn McConnell, Robert Kerekes, Laura "cha" Verneti, Allaire Koslo, Jennifer Ivanov, Linda-Marcella Berg, Cindy Lindaman

Art Editor: Todd Cooper

Soldier's Page Editor: Jan Carlson

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Dave Says

Why can't she get another job?

Dear Dave,

I listen to you often and enjoy your radio show, but why don't you ever ask women to go to work? When a family is broke, and the woman is at home raising one child who is already in the fifth grade, why can't the wife get a "second job?"

George

Dear George,

I think far too many ladies, in the name of paying for stuff they don't need, have left the household and the children for the workplace. Many of them didn't even want to do this; they just felt obligated to do it by people like you. There are a lot of ladies who have sacrificed their ability to be full-time moms on the altar of the car payment.

Now, sometimes ladies have to go to work. There's a time and a place for that kind of thing. But if there's any way I can financially and budget-wise figure out how mom can be waiting at home with a big hug and a plate full of cookies when that fifth grader walks in the house – and if that's what she wants to do – then you're going to find me fighting for her opportunity to do that. There's no higher calling on the planet than motherhood. We've lost that in our culture, and we're suffering dearly for it.

I'm no Neanderthal jerk. I don't say every mother has to be at home or they're a bad person. But

these days we've got very few people who defend full-time, in-the-home motherhood. The inference you're making is that she's not helping, or worse, lazy. Why don't you go take over her job for a week? I think you'll find out in a hurry there's not a lazy bone in her body!

—Dave

Smaller down payment?

Dear Dave,

I'm 24 years old, and just got married two months ago. We make \$80,000 a year, have our emergency fund and no debt, plus we've saved up for a 15 percent down payment on a house. I know you suggest 20 percent, but is 15 percent okay?

Tony

Dear Tony,

I don't have a lot of issues with 15 percent instead of 20 percent. You'll probably end up having to pay private mortgage insurance, but it sounds like you guys are in good enough shape financially to handle things.

I generally recommend that couples wait until they've been married at least a year before buying a home. Buying a house is huge decision.

That's why I think it's smart to wait and get to know each other even better before making a decision of this magnitude. Plus, you need to figure out just how close you want to live to your mother-in-law!

Seriously, take your time and don't rush things. There will still be great deals on the market in a year or so, and you'll be able to save more money, too!

—Dave

Buy now or wait?

Dear Dave,

My wife and I just relocated for my new job. Right now we're renting an apartment, and we should make about \$15,000 on the sale of our old house. Should we use the money from the sale of our house to pay off all our debt, or go ahead and use it as a down payment on a new home now?

Brian

Dear Brian,

Traditionally, lots of people would tell you to use the money now to help save up for a down payment. The problem is that I'm not traditional at all.

I love real estate, and I want

you guys to own your own home again. But even more than that, I want to see you two get out of debt and stay out of debt!

I know this wouldn't be a popular plan with some folks, but if you've got no debt – along with a decent, inexpensive place to hang your hat for a couple of years – you'll be able to save money like crazy for a fat down payment. It will also give you time to become familiar with the area and find a place you both really like.

When you lose the debt, Brian, you gain control of your largest wealth-building tool – your income. That's when the fun begins!

—Dave

Sisters should have asked!

Dear Dave,

I'm one of five sisters, and our parents' 50th wedding anniversary is just around the corner. My two oldest sisters made plans for a party without consulting the rest of us. Now, they want everyone to chip in \$1,000 to help pay for things. I'm trying hard to get out of debt, and I just don't have that kind of money right now. How can I be fair about this?

Anonymous

Dear Anonymous,

A \$5,000 party is pretty big stuff. Since you weren't asked about this ahead of time, and had no say in anything, fair would be for you not to pay a dime! That kind of planning without consulting the people involved and helping pay for the event is way out of line.

Don't let your big sisters lay a guilt trip on you, either. This has nothing to do with how much you love your parents. It has everything to do with communication and consideration, or in this case, a lack of these things on their part.

Just let them know, in a firm but loving way, what your situation is right now. Tell them you'd be happy to chip in what you can, but it won't be anything close to \$1,000.

And tell them next time to check with their little sisters before hatching up an expensive plan like this!

—Dave

* For more financial help, please visit daveramsey.com.

History Picture Night for Lakes

The Lakes Community Center is organizing a History Picture Night for Friday, May 6 at 7:00 pm at the Lakes Community Center.

We would like to bring together several of our local residents who are interested in sharing and documenting our past with pictures relating to our local history.

We have recently received some great historic maps from Muir Thompson. These maps are now displayed on the walls of our newly remodeled room that is designated to preserving our past.

This get-together would also be a format in which to discuss events and local members who have had a impact on our history.

So please put this date on your calendar.

For more information, call Bill at 661-724-2490

HELUS' Tile Wall Project Enters Phase Two

As an ongoing school fundraiser, the HELUS PTA has begun to sell more 6x6 tiles from Paint A Dream in hopes that the second mural can be installed by June 1.

For \$25 each, any past or present student, teacher, supportive resident or business can purchase them only through the PTA until May 20.

Remember, it's a great way to leave your imprint and beautify our school!

Please contact Laura Lockwood at 724-1938. Order forms are in the school office.

PLEASE MAKE A DONATION TO THE MOUNTAIN YODELER THIS MONTH. WE NEED YOUR SUPPORT.

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Please always call Christy Adams at (661) 965 6593 for information on real estate for sale in the Lakes Area and Santa Clarita Valley.

REALTY EXECUTIVES

The Art Page

Todd Cooper
Art Editor

state of the ART in our community

Making Bistre Ink

Bistre Ink is made over a period of four or five days, boiling a mix of beechwood soot and oak galls and

replenishing the water over that period. The picture shows the oak galls and powdered soot. It's a romantic link with the past.

Then it sits for a week and we drain off the clear dark ink. It's then put in big jars and allowed to age and mellow over the years. The fresh stuff has a coarse

look whereas the aged ink (all aged inks) improve and take on a richness and depth.

Real bistre is a cool brown that, once dry on the drawing, warms over time. It's a bit fugitive in

that it loses the coolness and changes to a warmer brown. It doesn't so much fade as warm.



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the Lakes and Valleys Conservancy

LVAG NOTES

Members: If you have art at the gallery, it is your duty to gallery-sit. Sign up on the calendar in the hallway.

LVAG logo shirts, hats, etc available at www.zazzle.com/TheCoyoteStudios/LVAG
The next LVAG general meeting will be Sunday April 24, 2011, 2pm, at the Lakes & Valleys Gallery, 43751 Lake Hughes Rd, Lake Hughes.

In Loving Memory Rabbi David Hoffman AV Jewish Religious Leader



Rabbi David Hoffman, beloved husband, father and spiritual leader of the Antelope Valley Jewish community, passed away from an apparent heart attack on Monday, March 7 at the age of 57.

Rabbi Hoffman led congregation Beth Knesset BaMidbar from 2006 until the end of May 2010, at which time he started Beit Or Chavurah of the Antelope Valley. He truly had the heart of a teacher and was a wealth of knowledge about Judaism. He loved to teach and he loved to learn.

He brought the spirit of his faith to life with music, and especially enjoyed teaching traditional Hebrew songs to the children of the congregation. He also worked diligently to create an inspiring choir to sing at sabbath and holiday services.

The Rabbi was a member of the Antelope Valley Interfaith Council and was highly respected for his deep commitment to promoting understanding and cooperation among people of all religions of the Antelope Valley.

In his former position in South Africa, Rabbi Hoffman was spiritual leader to the Cape Town Progressive Jewish Congregation for 17 years. During this time he served as Chairman of the Cape Town Interfaith Forum of Jews, Christians and Muslims and was a personal friend of Nelson Mandela.

He was also chairman of the South African Federation of Reform and Progressive Religious Zionists, and was elected honorary life vice president of the Western Province Zionist Council in 2006, before

his departure from Cape Town.

"He was a bridge builder," said his close friend Avram Harris, president of The Jewish Community Council of the Antelope Valley and AV Chabad.

"He fearlessly waded into issues of race, religion and politics," said Hoffman's childhood friend Rabbi Alan Green, "who traveled from Winnipeg to officiate at the funeral. 'He was compassionate, forgiving and humble,' he said.

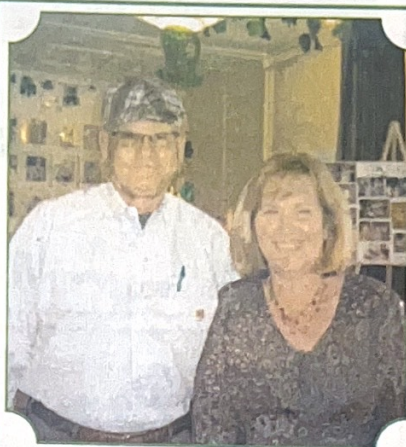
Mercy Romero, an active member of the Beit Or Chavurah and former member of Beth Knesset BaMidbar, had known Rabbi Hoffman since 2006. She told a crowd of 300 people at Rabbi Hoffman's funeral service at Mount Sinai Memorial Park: "His outreach to the homeless, the illiterate, the incarcerated, the drug users was endless. All were equally loved by him. He leaves a huge void in our lives."

The Rabbi leaves his wife of 32 years, Beverly; a son, Nadav; three daughters, Michal, Liat and Yael; and numerous friends, both in California and in South Africa.

The Rabbi's daughters passionately eulogized their father, both with words and in song. "You were always singing, smiling, and laughing," said one daughter.

"He could connect with any person with his endless heart and he treated everyone with dignity and respect," said another.

Daughter Michal, who lives in Israel, told the congregation that it poured rain the morning her father died. "I felt the Heavens were crying," she said. "I feel truly blessed to have had you as my father. May your memory live forever and inspire us to be our best selves. I hope that any one of us could give half to the world what you did in your short 57 years," she said.



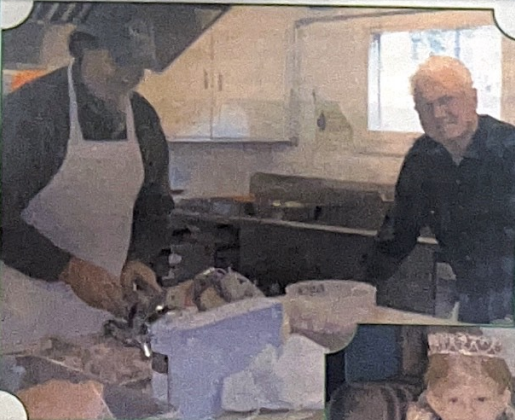
Leona Valley Gets in the Spirit of St. Patrick's Day

By Christy Adams

Another delicious and fun St. Patrick's dinner was put on by the wonderful people of our local Sertoma in Leona Valley on Thursday, March 17, 2011. More than 240 people came from Leona Valley, Green Valley, Lake Hughes and surrounding areas. (See photos, above.)

Members of Sertoma raise funds from this and other activities throughout the year for worthy causes, mostly benefiting children, such as a sound system for Lake Hughes School, Lakes Little League, AVHMC infant hearing equipment and our Lakes area community center upgrades, among other things.

If you want to meet new people and have fun while raising money for worthy causes, join us. Please call Steve Fredericks at 661 270 3230 or his cell at 661 878 6178 for more information. Ask how you can attend our breakfast meetings held the first and third Saturdays of the month at 8 am at Crazy Otto's in Leona Valley.



Photos at left and below: Green Valley held its traditional St. Patrick's Day dinner on March 17. Dick Brownfield and Greg Lindaman did the honors in the kitchen (left). Little Miss Hughes-Elizabeth Lakes helped at the door. Photos: Christy Adams



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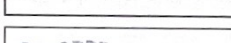
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CLASSIFIED AD RATES: \$10 FOR 20 WORDS. FIFTY CENTS FOR EACH ADDITIONAL WORD. Make checks payable to Dahlia Grossman, Send ads with payment to Box 444, Lake

Gravel for sale while supplies last. \$60 a load (approx. 1-1/2 yards) plus \$10 delivery. Call FSC at 270-9911.

HUGE TACK SALE

Backcountry Horseman of California
April 23, 2011 - 8:00 am to 2:00 pm
Acton Community Center, 3748 Nickels Ave 93510. Buyers need tack? Sellers reserve a space for \$20 or Donate used tack to BCHC - all proceeds from sale will be used for trail maintenance and education. For info call Kelly Carle 661-944-

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Mediterranean Pine Nuts: A Nutritious Food

By Joel Fuhrman, M.D.

There are over 100 species of pine trees, and 29 of these produce edible seeds, known as pine nuts. Most of the pine nuts available in the U.S. are harvested from pine trees that grow in China, Korea, or Mexico.

The nutritional composition of these pine nuts is quite different from the Mediterranean pine nuts, which are the seeds of the Stone Pine (*Pinus pinea*, also called the Umbrella Pine), which is native to Italy, Spain, and Portugal.

The Stone Pine is tall, reaching up to 75 feet in height, and the cones take longer to mature than any other pine. People of the Mediterranean region have been eating the nuts of *Pinus pinea* (also called pignolia) for thousands of years. — there is evidence that pignolia were eaten and used to make wine in ancient Rome.^{1, 2}

All pine nuts have exceptional nutritional value. They are rich sources of numerous health-promoting minerals, antioxidants, and phytochemicals:

- Exceptionally high vitamin K content.³
- High levels of natural vitamin E, a valuable antioxidant nutrient.⁴

• Rich in the minerals phosphorus, zinc, non-heme iron, and manganese.⁵

• Contain a distinctive type of polyunsaturated fat called delta5-olefinic acids.⁶ One of these fatty acids, pinolenic acid, has been shown to curb appetite in women by increasing secretion of satiety hormones.⁷

The pignolia of the Mediterranean region are nutritionally unique among pine nuts.

In addition to the health benefits listed above, Mediterranean pine nuts:

- Are lower in calories than other pine nuts.
- Have a favorable omega-3 to omega-6 ratio,

almost ten times higher than other pine nuts.

• Contain high levels of cholesterol-lowering phytosterols - pignolia tie with pistachios for the highest phytosterol content of all nuts.

• Contain more than twice the protein of other nuts including other pine nuts. This feature of pignolia makes them especially useful as a nutritional supplement for athletes, who have greater than average protein requirements. This is also useful for anyone who wants to add nutrient-rich calories to their diet without adding excessive fat. At 34% protein by weight, Mediterranean pine nuts are richer in protein than any other plant food, including soybeans (10%), sesame seeds (18%), sunflower seeds (21%), and even hemp seeds (33%). Pignolia are more expensive than other nuts and seeds, but their nutritional profile makes them a very valuable addition to an athlete's diet.^{5, 8-11}

| Pine Nuts (1 oz.) | Mediterranean Pine Nuts (1 oz.) |
|-----------------------|---------------------------------|
| Cone-shaped | Long and Narrow |
| Calories: 190 | Calories: 160 |
| Total fat (g): 19 | Total fat (g): 13 |
| Protein (g): 4 | Protein (g): 10 |
| Omega-3:Omega-6 1:300 | Omega-3: Omega-6 1:31 |
| Phytosterols (mg) 40 | Phytosterols (mg) 58 |

How do you tell the difference between Mediterranean and other pine nuts?

Most commonly available pine nuts are cone-shaped, with dark coloration at the smaller end, whereas pignolia are long, with an even diameter. Pignolia are extremely rare in stores in the U.S., but you can find them at DrFuhrman.com

For footnote references, go to DrFuhrman.com

WEATHER OR NOT?

Weather data for Elizabeth Lake area (Elevation 3450 ft.)

By Tom Kaucher
February 2011

Temperature

High- 69° on 2-7 Low- 24° on 2-2
Average High-52.9° Average Low-31.6°
Average Temperature-42.3°
Lowest High-40° on 2-26
Highest Low-44° on 2-15

Precipitation

Precipitation-5.43"(37" Below Average, 0.13" Above Last Year)
Seasonal Precipitation (7-1-10 to 2-28-11) - 23.75"
(6.51" Above Average, 1.48" Above Last Year)
Snowfall- 3.9" Last year- 0.0"

Outlook for April 2011

With warmer temperatures of April, Spring is in full bloom. The rainy season comes to a quick end in April with just a few showers. There is a very slight chance for snowfall. Daytime highs will range from the high 50s to high 70s and overnight lows will range from the mid 30s to high 40s.

April Averages and Records

Temperature

High- 94° in 1989
Low- 27° in 1982, 86, 99
Average High-67.1°
Average Low-41.2°
Average Temperature-54.1°

Precipitation

2010 Precipitation- 3.67" Average Precipitation- 1.36"
Greatest precipitation- 4.73" in 2003
Greatest snowfall- 3.0" in 1995 Average snowfall- .2"
2010 Snowfall- 0.0"
Greatest 24 hr. precipitation-2.57" on 4-14-2003

Did you know? Did you know? On March 19, 2002 in Sabinal, Texas, a boy was hit and knocked unconscious by four-inch diameter hail. He was taken to the hospital where he recovered. The speed of the hail was probably in the neighborhood of 100 mph.

Lakes Queens Chosen

By Lu Bole, senior staff writer

The 2011 Lakes Queens Pageant was held at The Oaks in Lake Hughes. This beautiful facility was packed with the friends and families of the contestants, and was a wonderful experience. The theme, chosen by the 2010 Miss Hughes Elizabeth Lakes, Sarah Fitzgerald, was "Support Our Troops," and the military memorabilia on display, as well as some of the entertainment, was superb!

The color guard was provided by V.F.W. Post 3552, with the Commander, Rebeca Brown, as master of ceremonies. The honored guest, Jackie Ramey, was a WASP from World War II. (For those of you youngsters who may think that we had a giant insect there, a WASP was a Women's Air Service Pilots, one of the few branches that allowed women to serve, both as pilots and maintenance crews, during World War II.) She spoke about how women contributed to the war effort at a time when most women were not allowed to participate fully, as they are today.

The outgoing queens were gracious hostesses, and it was heartwarming to see the genuine affection shown by all of them for each other, as well as for their sister queens from neighboring communities.

The two contestants for Little Miss Hughes Elizabeth Lakes were Sierra Michelle Crews, age 7, and Payton Alexandra Saucier, age 6, both students at HELUS. Payton received the Miss Photogenic award, and Sierra received Miss Community Service, Miss Congeniality, and the title of Little Miss Hughes Elizabeth Lakes.

The only contestant for Junior Miss Hughes Elizabeth Lakes was Hannah Taylor Burk, age 14, a freshman at Quartz Hill High School. She will be a charming representative of our community.

The two contestants for the coveted Lakes Queen award were Nicola Elizabeth Hamilton, age 18, a senior at Quartz Hill High School, and Kimberlee Benz, also 18, a senior at Paraclete High School. Nicola received Miss Community Service, and Kimberlee received Miss Photogenic, Miss Congeniality, and was then crowned Miss Hughes Elizabeth Lakes.

I would never want the difficult job of judging this contest, as all the contestants were so lovely, talented and gracious.

Photos: Teresa Kivisto and Lu Bole.



Jr. Miss Lakes Hannah Taylor Burk



Little Miss Lakes Sierra Michelle Crews



The queens at the Almond Festival.



Hannah at GV St. Pat's



Hannah and Sierra at GV St. Pat's



Little Miss Lakes holds flag at pageant



Payton Alexandra Saucier is Little Miss Photogenic.

Free Chipping Days for Lakes, Green Valley, GV Dumpster Day June 4

By Laura "cha" Vernetti
Contributing writer

It may be a little early to remind you of this year's FREE CHIPPING DAYS but it never hurts to be prepared. Once again the FSC is pleased to announce we will be assisting with the USDA Forest Service's FREE CHIPPING DAYS in Green Valley and the Lakes.

The events will be held in Green Valley on June 4, 2011 from 10 am to 2 pm at the Green Valley Community Hall and in the Lakes on June 11, 2011 from 10 am to 2 pm at the Lakes Community Center.

Please note that the GVTC Dumpster Day will also be on June 4, 2011. After this year, the event may be only every two years so now is the time to get rid of all the brush you can.

At past events we have been very fortunate to not only have volunteers from the Explorers 101, Warm Springs, Green Valley Charitable Hall and Lakes Community Center, but many residents. After the big snow of December 2008 Green Valley was faced with more brush than most of us had ever seen.

We were also faced with having to take care of most of it ourselves. Thanks to many residents who volunteered to use their own trucks, trailers and tractors and their time gathering brush from all over Green Valley.

We would like to ask residents to help us with this again. Perhaps a neighborhood meeting? See which block can bring in the most brush? We could start looking around our neighborhoods. See what areas need help. The FSC can assist in getting permission from out-of-area vacant land owners. Please call us at 270-9911.

Although the county's weed abatement notices contain the statement that "April 1, 2011" inspections of vacant land will begin and that property owners may be charged for that inspection, the FSC confirmed with John Cervantes, Green Valley Inspector, and David Bracken, Lakes Valley and Lakes Inspector, that the deadline for brush clearance on vacant land in our communities is the same as normal, June 1, 2010.

If you have not responded to

the notice either by mail or online it is important to make sure it is sent.

After April 1, 2011, the Los Angeles County Fire Department will start inspections for improved properties and will issue warnings. Not only will they be looking for 100-foot clearance but also want to see if your property has your address clearing marked. Insurance companies are also starting to require proper property addresses.

As much as we all appreciate our privacy, it is very important that the fire department be able to find your house in the case of a fire or medical emergency.

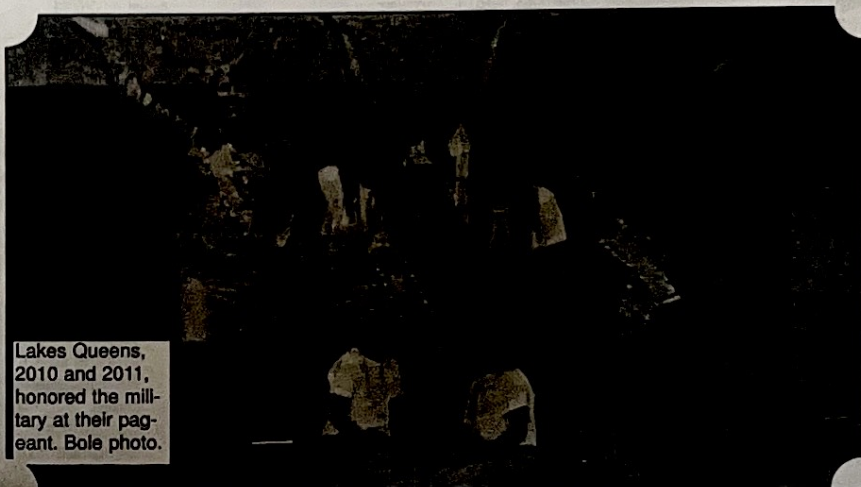
If you need help with your brush clearance we are here to help. For a FREE estimate or for more information please call Betty at 270-9911. The FSC brush clearance crew's schedule is already filling up. Many residents of Green Valley, Leona Valley and the Lakes took our advice and scheduled their brush clearance for future dates.

Customers who make appointments first will be given priority. Once again we will notify the county what properties are on our list and when they are scheduled.

If you would like to know more about what we do please join us at our monthly meetings on the first Wednesday of each month, alternating between Leona Valley, Green Valley and Lakes Hughes.

The next couple of meetings are Lakes April 6 and May 4 in Green Valley. We are a non-profit organization and have a 501(c)(3). It may be a little early to remind you of this year's FREE CHIPPING DAYS but it never hurts to be prepared.

For further information on our many programs please contact Betty Young at (861) 270-9911 AFV&L Fire Safe Council, 15444 Spunky Cyn Rd, PMB 836, Green Valley, CA 91390 or visit our website at <http://afvifsc.org/> or the California Fire Safe Council <http://www.fire-safecouncil.org/> or email us at afvifsc@roadrunner.com or afvifsc@gmail.com.



Lakes Queens, 2010 and 2011, honored the military at their pageant. Bole photo.

The Way I See It!

DADT- Missing The Target!

An opinion by Norm Judd

Three women respondents to "Don't Ask, Don't Tell" missed the target. One just hates me, and angrily invalidated herself. My opinion was about how openly gay, aggressive males might adversely affect our military. Not a single male responded, but those ex-servicemen who spoke to me personally agreed. I opine on this subject with experience and facts, not mere emotion.

After avoiding homosexual advances as a reservist and military reserves, and consulting with the military about sexually transmitted diseases and ruined careers, and enforcing public decency laws for the LAPD I feel qualified. Oh Yes! A court once stipulated that I was a "homosexual expert." Match that! And yes, many of the hundreds of male (only four females) gays arrested spoke freely. Their admissions were noted for court.

A revelation! Men and women, gay or not, think and act differently about sex! Men are more aggressive and obsessive. None of the three female respondents cited experience with aggressive male homosexuals.

The best, a dear friend, helped us empathize about dilemmas gays face in the military. Her letter was sincere but she thought my example of gay seduction of innocent military males for sex, money, cars, and quarters was "absurd."

Unfortunately the Marine Corps and LAPD were concerned enough circa 1962 that 400 generals down to non-coms were assembled at El Toro Marine Base to hear me explain that very common (Hollywood) scenario. It's a matter of record!

Wikipedia says 13,000 were separated from military service since 1993 for "homosexual acts." That aggressiveness during DADT will certainly accelerate sexual misconduct now that repeal has given the green light to 65,000 gays who remain in our military.

Another revelation! Sex defines homosexuality. Men who love each other are not "homosexual" until they have sex. Do you

believe that innocent babes are born homosexual? I do not!

Polls showing military support for open homosexuality are political nonsense! The military must follow Commander-in-Chief Obama's "party line" and refer inquiries to Public Affairs Officers. A recently discharged officer and a recent enlistee both told me they wouldn't dare respond to polls before or after the repeal. Heterosexuals are now muzzled and gays are free to speak and act openly!

Google something like "LAPD LEWD CONDUCT ARRESTS." Police are under increasing attack from gay organizations such as LAMB-DA LEGAL for responding to complaints of straight folks being propositioned, groped or otherwise offended by gay males in public restrooms, parks, theaters, YMCAs and more. Just last March 2010, ABC 7 revealed yet another LAPD drive (led by a gay officer) in Griffith, Elysian, and Sycamore Parks, to stop open sex, lewd conduct, and condom litter by homosexuals.

But back to our military.

Don't take my word alone, read on-line the statement of Sgt. Major Brian Jones, retired Army Ranger, about how the intimate nature of military service, particularly combat, precludes open homosexuality. Also read Flag & General Officers For The Military, 1163 former military personnel upholding DADT along with (previously) both houses of Congress and the Supreme Court.

And finally, read Robert Moon, Conservative.com, the best concise opinion I've read. And consider this: Extremist Islamics dictate death penalties for homosexual citizens. How will they treat prisoners from our now "openly gay" American military?

God bless anyone brave enough to serve! Don't Ask, Don't Tell was instituted in 1993 for morale and efficiency. As 2012 nears, Obama's repeal was purely for the gay vote. But it's a done deal, and our dedicated military branches must adapt to the disruptive and expensive "Okay to be Gay" policy. That's The way I See It!

The High Desert Organic Gardener

By Robert Kerekes, contributing writer

Wow, it would seem that even eggs listed as organic are not what they would seem to be. In fact, many so called organic egg laying hens are raised under abominable factory conditions and still come from hens treated abominably.

Organic is living life the way nature intended and is not just the diet. Unfortunately it is impossible to compete in the marketplace using true organic methods, when factory farm methods produce the most eggs at the cheapest price. Until we put into place rules and regulations forcing the organic methods on everyone, we will continue to be taken at the marketplace and the animals we depend upon will continue to be treated miserably.

I prefer to eat eggs from hens and roosters that are healthy, happy, living as much as possible a true social life. I add roosters because fertilized eggs are the natural way and hens without roosters are not really living the social life style.

Often the rooster is removed from the flock because people do not want to live with rooster sounds in the morning, or any time. The rooster is removed, without any other thought. Convenient for the person but not for the hens.

If people want really good, healthy eggs, in many cases the only recourse is to have a flock of chickens, or go in with someone else for a mutual flock, or buy some from local producers who are not into it for the money.

I hear, periodically about the high cost of organic food compared to mass produced factory farm food. At the beginning of the 20th Century the cost of food was on average about 25 percent of income; today it is around 10 percent.

A couple of years ago I read an article in *Countryside Magazine* by a very old fellow who remembered The Great Depression. During that time, he said, free range eggs sold, usually from a neighbor, for 50 cents a dozen. He factored that out for inflation and said that same dozen of eggs today would sell for eleven dollars. Wow!

I know how much work and energy I put into growing my food. Because of that we don't waste anything.

Last year I sent away for young turkeys, the minimum shipped is 15 turkeys and an extra one is thrown

in. It was the end of the season for ordering, some time in August, so we had to take what we could get, which was some Narragansetts, four Mexican Blue Slates, and three White Hollands.

I had been raising Narragansetts only for the last few years, having been satisfied by the breed overall.

The Blue Slates are close to the same size as the Narragansetts but a bit stockier and initially I like their proportions better than the Narragansetts and will be growing some more of them to see how well they do overall.

The White Holland is a much smaller bird, which is much more inclined to flee the flock and fly over the fence. They are also not as hardy overall but their smaller size makes them ideal for smaller meals and the small home-stead.

The point is people think of turkeys as all huge birds only good for the big family meal and get together but with smaller birds they become just as ideal and useful as chicken with much more frequent use possible.

If anyone would like to go in on ordering some turkeys with me please let me know as I would like to order just a few odd varieties and hatch the rest here at my place.

Eighty percent of all antibiotics sold in the U.S. are used for the production of meat. People just hate all those rules and regulations. I'm sure some rules and regulations need getting rid of, but really? I want to see a regulation outlawing the use of antibiotics as a prophylactic, or prevention, on meat animals. They should only be allowed to be used as strictly needed.

I see there is a new medical model come upon the medical scene, Direct Primary Care. By this method the patient pays a monthly fee directly to the doctor, or clinic, instead of to an insurance company. The costs are less, the patient receives the time directly that would have gone to dealing with the insurance companies, and preventive medicine is much improved. I knew something like this was coming because the current system sucks.

The Garden Co-op meets monthly on the second Saturday at 2 pm at my place in Antelope Acres. Next meeting is April 9, 2011. The first hour will be a class open to everyone. The topic is: Seasonal Growing All Year. Fee is seven dollars. After class is open discussion. Call or e-mail me for directions.

Buy local, not global.
R & R Homestead, PO Box 2738,
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rrhomestead@qnet.com
highdesert-organicgardener.com

History of Green Valley The Max Wurster Family

Reprinted with permission from *Discover Green Valley*, compiled by Jack and Louise Ameluxen

Andrew (Andy/Pa) Wurster was hired by the Salisbury Sales Syndicate to manage the La Joya Lodge. It was being built at the time.

In May 1925, Berty (Ma) Wurster with sons, Max (10 years old) and Hans (5 years old), arrived from Germany. Pa Wurster picked us up at the Los Angeles Railroad Station in the evening and drove us to La Joya over Spunky Canyon Pass at night - that was a frightening ride. We moved in to an old farmhouse about 1/4 miles east of La Joya Lodge. There, Ma and Pa cooked for the owners of La Joya and their friends.

In 1925 there was a concrete dam on Calle El Fuente. The road was over the dam. Hans and I went out on a boat there. There was a picnic area there. It washed out later.

Early in 1926, we moved into living quarters on the east end of the lodge. Pa was manager and head waiter. a was the cook with the help of Mary Werner, a cousin. The Lodge was very busy on Saturday nights. Top name bands played there, such as Alvino Ray. Waiters and help came from Los Angeles. Then business dropped. The real estate company had not finished the swimming pool or golf course and finally closed the club. People stole the furniture and oriental rugs. They took doors and removed large timbers that held up the porch roof. The winds blew the roof off and soon all was gone except for the floor and a fireplace.

Hans and I started school in September 1925 at Elizabeth Lake. We were the only ones from La Joya. There was a bus and Pa drove us there and back. A few times we walked. In 1927, a girl named Mary came up from a ranch down the canyon. Uncle Dudley moved in and his two boys started school. Then we got a bus driver. I graduated in 1930, Hans in 1933.

We moved to Lake Hughes for one summer. Pa managed a lakeside restaurant. Hans and I learned to swim there. We moved back to Green Valley into the old house that Pa had bought. It was Lot 1 and 5 on the corner of Spunky Canyon Road and Calle Olivera. It was a really old house, built in 1800. Pa added two rooms and an open porch. Hans and I slept on the porch the year round.

Pa went to work in Los Angeles at the Biltmore Hotel and Mike Lymans Restaurant, etc. He came home on weekends.

Emma Lu Boyd ran the gas station on Spunky Canyon and San Francisquito Canyon Road. Our mailboxes were

there. On a quiet night with only the Boyds and us in the valley we could hear the Boyds talk. Mr. and Mrs. Hoag lived on a farm that became the Dowd Place. On weekends some of the cabin owners would come up from Los Angeles.

During the 1928 drought, we had to haul water from a ranch in San Francisquito Canyon.

In 1931, we had a large forest fire which started near Shoreline Drive. It burned the entire southern valley. The fire had completely surrounded our house. It burned over to Leona Valley and Bouquet Canyon and up halfway on Mount Jupiter. A few of the cabins, including the Ranger Station, burnt down.

The lots were cheap, as low as \$10.00 each. Pa bought lots #2 and #4. I bought two triangles: Spunky canyon Road and Calle Olivera and the Fishbeck property. I sold part on Spunky and the wash to Mr. Moss to build a store on. Also a piece on Calle Margueta, calle Malaza and the Fishbeck property, and one lot on the ill. Hans acquired lots #7 and #9 on Spunky Canyon Road.

During the Depression a crew cut down most of the oak trees in the valley for firewood illegally.

I graduated from Lancaster High School in 1934 and Hans in 1937. We worked various places.

In 1938, Mr. Moss hired me and a carpenter to build an office building and then with a different carpenter, we built the store. Then Hans and I built the Model Cabin on the end of Calle Essential above Ensenada. We also built a cabin down the valley. Another cabin one block south of us and then one for Isa Hann. We built the rest-rooms and enlarged the Hall for the Habonim Kvutza Jewish Children's camp across from the grocery store.

Hans went to work in Trona in 1941 and I followed a few months later. I was in the Army during WWII and the Korean War.

Ma was the Military Warden for Green Valley during WWII. She also was active in the Green Valley community Club.

Ma and Pa's house burned down in 1946. Hans and I built a new house with War rationed material. The house is still there.

There was a Wishing Well Inn a short distance south of us.

Things were fairly quiet in Green Valley. Pa retired in 1950. Ma passed away in 1954 and Pa passed away in 1960. The house was sold.



Letter to the Editor

To the editor:

Recent discussion about wind turbines at the Lakes Town Council prompts me to write this letter.

I understand the objections to these devices for folks who will end up with them in their immediate area. I live in Elizabeth Lake and I am told the wind turbines may be visible from my house due to the extreme height of these machines.

By now, the people in Tehachapi are used to living near the large moving objects which, by the way, now have flashing red lights on top.

For us in the Lakes area, I predict that we cannot stop this invasion of infrastructure that will change the horizon from natural hills and valleys to hills with big blades turning in the background.

It is perhaps similar to other technological changes that have altered our surroundings during the last 100 years. Compare an old photo of a place with a current photo and you can see such changes as wires, electrical transformers, satellite dishes, cell phone towers, and maybe an occasional leftover TV antenna (they've come and gone!).

As the federal government pushes for alternate energy solutions to reduce our dependence on foreign oil, the incentives offered by government make wind energy an attractive goal for those in the electric energy producing business. We are on the cusp of a change to our normal way of going about our lives. Any change is usually uncomfortable. As the price of oil escalates, the price of vehicle fuel pushes up as well. We are almost at \$4 per gallon for gasoline as I write this letter (March 6, 2011). This summer, we may be at \$5 when the summer vacation season is about to start.

Then, what about next year? If

the unrest in the middle east continues and a major disruption happens, it won't be "How much does gas cost?" it'll be "Have you got any to sell?" The worst situation I remember from the oil embargo in the 1970s was not the price spikes but the "NO GAS" signs on stations that closed and didn't have any fuel to sell.

With electric vehicles now in dealer showrooms, the change in vehicle propulsion is part of this cusp we are on. Will the Lakes area 20 years from now be a community with everything going down the road using battery and an electric motor? When the bikers in year 2031 go blasting off from the Rock, will they make this silent exit and all we hear is the flapping of the fringe on the saddle bags?

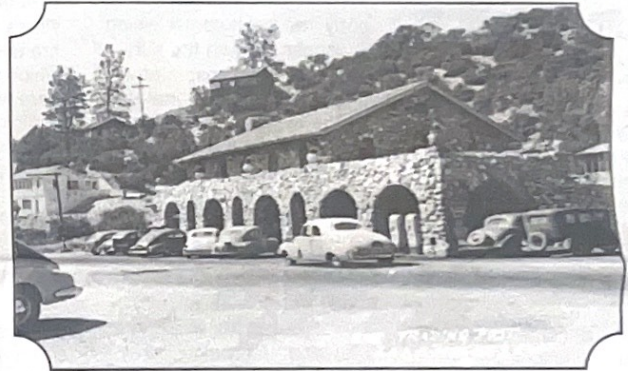
I think we need to embrace these changes that are coming. The Lakes Town Council meeting on April 2, 2011 will host an interesting forum with the wind turbine representatives there to tell us about their big plans. I will suggest here that I would like to see these wind energy folks bring to affected communities some of these electric vehicles. Let the town councils and perhaps residents as well get some hands on experiences with the new modes of transportation. The electric vehicles now have limited range and cannot fulfill all the tasks that our conventional fueled vehicles can do. But, you have to start somewhere and the technology will evolve with each try.

So, a plan for the future at Papa's Store in Lake Hughes might include plug-in receptacles for getting your battery operated vehicle recharged while you have a meal at the Rock. Oh, and for the near term, have the "NO GAS" sign ready to post, just in case!

Tom Joynt
Elizabeth Lake

Remembering When

Photos submitted by John Damann



The Trading Post, as it was then known



Sierra Highway

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Food Addictions - The Stimulation - Depression Mechanism

WHY IS DRUG-LESS MEDICINE SO REMARKABLY SUCCESSFUL?

Dr. Bass is one of a long line of doctors/teachers in the best drugless tradition that started in the 1830s with Dr. Isaac Jennings, who initiated using Natural Hygiene and Orthopathy with modern insulin theory. He was ordained Knight of Malta for skills and humanitarian service.

The Energy Causes of Addiction to Habits

The Secret of Habits

Whenever we change a long-standing habit, a new pattern is at first unpleasant. After a short time it becomes tolerable. After we become accustomed to it, it becomes enjoyable.

Finally, after a time, the new habit becomes indispensable and as strong and habitual as the previous undesirable habit was.

The Stimulation and Depression Mechanism

The key which unlocks the mystery of why most habits are difficult to break lies in the understanding of the stimulation and depression mechanism. Once this is thoroughly grasped, we are greatly strengthened in our ability to cope with the reactions and feelings which occur as soon as we begin to try to change a habit.

Coffee Addict

As an analogy, let us take a look at what happens when a coffee addict tries to give up this habit.

He arises in the morning, feeling tired and sluggish. Without the cup or two of coffee, his "eye opener," nothing feels right. He just doesn't feel quite "himself." Why does he feel so letdown? If he doesn't have his "fix" within a couple of hours, he may

feel a headache coming on. Why is this happening?

Caffeine Elimination Battle

Whenever any poison is ingested into the body - in this instance it is the caffeine in the coffee - the presence of this dangerous enemy in the vital domain is spotted by the autonomic nervous system. The nervous system sends a warning signal to the appropriate brain center, which tells the body that an enemy has invaded the household and to prepare for battle.

Since the caffeine is a poison and can damage the body, the brain center which is concerned with the survival of the body against internal enemies sends a signal to the heart, telling it to pick up speed so that the blood will circulate more rapidly to the organs of elimination and thus discard this caffeine as soon as possible to avoid internal injury.

When the heart beat (or pulse) accelerates in tempo, this increases the blood circulation and it registered in the mind as a feeling of exhilaration or wellbeing, such as the excitement we experience when we engage in sports or any vigorous exercise. This "high" feeling is enjoyable and exciting and quickly becomes addictive and we crave its repetition more and more often.

The Trap - Fatigue

Now here is the catch or trap. In its struggle to cast out the enemy, the body (through its increased heart and circulatory effort) has expended an enormous amount of nervous energy which it subsequently attempts to recuperate in order to preserve life.

The heart, which was overactivated, now slows down, the blood circulation decreases and the nerves begin to rest. This registers in the brain as fatigue, weariness and mental depression. The more rapid the heart beat or pulse was, the more accentuated these feelings of depression are which follow

as an inevitable consequence.

Rest Must Follow Overstimulation

Every stimulation or overactivation of the heart must be followed by a corresponding rest, if life is to continue; Every high must be followed by a corresponding low. Just like the pendulum of a clock, the further it goes to the right, the further it must go to the left until the body is fully recharged and equilibrium or a state of normalcy is reached.

After Stimulation - Depression

The physiological law which is involved is called the *Law of Dual Effects*, which states that "all agents which are taken into the body or which come in contact with it from without occasion a twofold and contrary action, the secondary action being the opposite of the primary one." (If the primary action is stimulation, the secondary effect is depression).

Hangovers and Fatigue

It is supposed by Hans Selye and Randolph, who wrote on stress, that the stimulated alert state results from the release of stimulating adaptive adrenal hormones. As fatigue or the wearing out of the adrenal responses makes the hormones less available, hangovers (let-downs and loss of energy) begin to predominate.

Children get overactive - adults get depressive

Children and adolescents, when adapting, show mainly the overactive, stimulated side of the reaction, presumably because their hormonal adaptive responses are more vigorous than those of older people, in whom the picture of failing adaptation is more depressive, dopey and withdrawn.

Relative to this subject and of great value to our understanding of how the stimulation and depression mechanism works, I quote the brilliant Dr. Herbert M. Shelton from his *Human Life, Its Philosophy and Laws*:

"This Law (Law of Dual

Effects) explains the power of habit. The temporary relief from symptoms and the short period of exaltation are followed by worse symptoms and depression, so that the individual resorts to the drug for more relief and more exaltation.

"He cannot tolerate the depression of power that inevitably follows the added impulse of power induced by tea, coffee, tobacco, alcohol, opium, or other drug."

Stimulants activate and depress

To explain this in other words, all stimulants activate the body initially but depress it ultimately. All stimulants pick you up. Any ingested stimulant which causes the heart to beat faster is a physiological poison and should be shunned like a plague.

In this case, when coffee is given up, the headache symptom which follows is due to the pain felt in the head from the congestion in the brain caused by the presence of the caffeine which is transported by the blood as it makes its circulating rounds through the body to eventually reach the organs of elimination, whence it is discarded.

Now, all addictive habits and compulsions are due to their stimulating character and the more stimulating they are, the more addictive they are and the more they draw us into ever increasing bondage. The cycle becomes more vicious as the habit is continued.

As stimulation is repeated, in frequency, more recuperation is required than the body is able to receive in a night's sleep. So, in order to get the same feeling of exhilaration or "high" as he received before, the addict feels impelled to increase the frequency of his stimulant.

Next, he feels that he needs to increase the amount of the dose.

The more stimulant - the more rest needed

Each increase in dosage leads to a further expenditure of energy, thus necessitating a greater need for recuperation or rest. As the deficit in

rest accumulates more rapidly, this inexorably leads to a greater let-down, thus forcing the addict to increase the amount of the dosage more and more until the whole body - mind system collapses from exhaustion.

This is why it is so difficult to give up an addiction. No one likes to go through the feeling of "down" with its attendant depression.

Yet, it is during this recuperation or "down" phase that the body, nervous system and brain, recharges with energy. It is absolutely essential that we realize that this stage MUST be gone through if we are to restore structural, physiological and vital integrity to the body - if we are to restore our feelings, emotions and mind to a state of normal tone and wholeness.

The Law of Vital Accommodation

Continuing with Dr. Shelton, another closely related law follows which is called the Law of Vital Accommodation - "Nature's Balance Wheel" which states:

"The response of the vital organism to external stimuli is an instinctive one, based upon self-preservation instinct which adapts itself to what ever influences it cannot destroy, or control, or avoid".

"Serious misinterpretation of the fact of toleration has led to grievous errors in practice. Because a habit does not seem immediately destructive, we must not be deceived into believing it is non-injurious, or even beneficial. The steady non-violent resistance to nicotine, for example, that the body must keep up, when tobacco is used, constitutes an equally steady drain upon the vital resources and keeps the user always below par."

For more information on natural healing that really works, go to drbass.com

soldiers news

By Jan Carlson, staff writer

Looks like Spring is here!

I hope everyone had a wonderful winter and sent lots of letter to the men and women overseas! THANK YOU! to all of you who continue to donate goods for the soldier packages! I am still surprised when I get home from work and there are things waiting for me at my door. It is just an awesome feeling to know so many are still thinking of the soldiers and supporting them. I know it means so much to them to get cards, letters and packages.

When you think of things to send, think about little games, puzzles and things to keep their minds busy, too. Most have some type of computer access, but I don't know which ones.

We need movies (DVDs), music, packaged food, candy, gum, energy bars, jerky, t-shirts (logos on them), magazines, paperback books, energy drinks, lotion, shampoo, conditioner, personal items (male and female), art supplies, writing paper, wipes, mouthwash, toothpaste, deodorant, small Easter decorations, lip balm, eye drops, suntan lotion and anything else you can think of!

Don't forget, you can copy a movie and we can send it to all the soldiers, not just one.

We need to remember what these men and women are doing for us. I think it gets lost or forgotten when we have so many other things to do in our life. We don't really forget; we just don't think about it like we should.

Just because we aren't right there in the thick of it or we don't have a family member overseas, we still need to think about the sacrifices they are making to keep us free. I hear people say "they aren't making ANY sacrifices for me!" Well, I disagree. You live here in the land of the free and the brave. So many of our "liberties" we take for granted because we are so used to them. We have become spoiled.

Would you be so unselfish as to step in front of a friend or family member and take a bullet for them to save their life? Think about it. We all say we would, but do we really have what it takes to do it? Our soldiers have to think about this every day they are deployed.

They are mostly "kids," which makes them between 18-25. What were you doing at that age? They need our encouragement and our support.

I have people say they think I am very patriotic. I thank them, but let them know I was taught to love and respect my country. My parents taught me to respect the flag and anyone in uniform. Every time I see a flag flying, I feel proud to be an American. I am proud of my country and all of those who respect our country and our flag.

People don't fly the flag as much as they should. If you have a flag, don't wait for special holidays to fly it. Fly it all the time! Be proud of your flag; be proud to be an American!!

You ask, "What can I do? I am just one person." You can write to a serviceman or woman. Let them know you are thinking about them. There really are those that never get any mail or packages.

Next month I will try and get some pictures of the men and women with care boxes.

SOLDIER LIST APRIL 2011

SrA Heidi Tuley
332 EMXS/ARMAMENT
APO AE 09315-9997

PFC RICHARDSON, JAROD
HHC 2/6 TH INF MORTARS CAMP
CARVERS
2 BCT 1 AD
APO AE 09308

SPC RICHARDSON, JACOB
US NIC
APO AE 09780

SGT JONES, MATTHEW
205TH ASMC
APO AE 09375-0531

SPC DENISE M. STEVENS
632 ND MAINTENANCE
CO CO BADDER IRAQ
APO AE 09331

AOAN HAGERTY, JOSHUA
BOX 22
U. S. JOHN C. STENNIS
CVN 74
FPO AP 96615-2874

ZACHERY NELSON
DCO 6-101 AVN REGT
TF SHADOW
APO AE 09355

PFC BRANDON MARTIN
HHC CO. 526 BSB
2 BCT. 101 ST ABN DIVISION
FOB WILSON
APO AE 09370

1st LT. HOUSEL, ANDREW
D B TROOP 2-1
CAV 4-2 SBCT
APO AE 09378

LCPL JARED S. MILLER
ATTN: ANY MARINE
3 D LAR BN C CO. 3 PLT
UNIT 41695
FPO AP 96427

SPC JOSHUA CLARK
B-BTRY 1-148 FA BA
FOB PROSPERITY
APO AE 09348
SPC FISH, KATHRYN (MOUTRAY)
A CO. 601 ST ASB 1 ID
APO, AE 09378

ERIC PEARSON, SFC
TASK FORCE AVIATION, 1/376TH
APO, AE 09340

Letter to the Editor

To the editor:

Perhaps your readers are aware of the recent killing of a mountain lion in our Pine Canyon community. A lion was observed, a threat to life, limb or property was perceived, and the beast was summarily dispatched to his eternal reward with a few well placed bullets. All is well and we can sleep better at night knowing that there is one less lion to worry about. Or can we?

So often humans react to encounters with nature in ways that eliminate nature. We are the superior creature on this planet. We have the ability to change or eliminate that which gets in our way. We bulldoze the hill to make it easier to build a house, we drain the swampy areas, dam up the creeks, plant non-native jungle vegetation in our edge-of-desert environs, and pump out the aquifer. We kill predators and "manage" the deer population; we kill snakes and conduct rabbit hunts. We erect fences to keep out critters, and turn on security lights to abate the night.

All is done in an effort to make improvements to our environment; all this to eliminate nature. It is the result of an attitude, a strongly held belief that man is the superior being on this planet. It's true of course. We do have the superior intellect. We do have the resources to dominate the other creatures that inhabit the planet.

There are too many examples though that show that it is not enough for us to simply BE superior, we have a "need" to demonstrate superiority, to prove superiority just for the sake of proving, and without demonstrable purpose. Killing wildlife is one of those ways.

Does killing wildlife really demonstrate our superiority? Do we not actually show our fear, our insecurity, by killing? Is killing the best way to "manage" our relationship with nature?

If you get between a mother and cubs, or step on a rattlesnake, or stumble upon a fresh lion kill, there is a risk, a danger of being defended against. What's the best way to mitigate the risk? We can be aware of our surroundings, learn a little bit about the habits of the wild creatures that live here. But must we exterminate them so we don't have to bother keeping an eye open, to eliminate any modicum of risk? As the more intelligent creature, we do have an obligation to protect our wildlife from ourselves.

Anyone can get a gun and use it as the final solution. It's easy — just point and shoot — nuisance abated. The real challenge though is to find a way to keep safe and allow nature to co-exist. That's not so easy.

Let us find alternatives that do not result in eliminating our wildlife. We live in a rare and beautiful place. When we see a mountain lion or a snake or a great horned owl, stop, watch. Marvel, and be thankful that we live in a beautiful place, where nature tries to be our neighbor.

Frank Toothaker
Elizabeth Lake

Thank You, Subscribers

Thank you to the following people, who subscribed to the Yodeler during March:

Mike and Flora Herman, LV
The Gunagan Family, LH
George and Marian Wright, LV
Ray and Glenda Lundberg, SC
Tom and Joan Guy, EL
Anonymous, LV

For those who have never subscribed to your local paper by sending a donation of any amount, I hope you will consider it some time this year. Your subscriptions are needed to keep the paper going. Each issue costs \$800 to print and \$500 to mail to you. The only way I can think of to save money is to go online instead of mailing the papers to your homes. I know there are some people who don't have computers and I don't want to leave them out by doing it that way.

Please send your check in any amount to *The Mountain Yodeler*, Box 444, Lake Hughes, CA 93532.

For the Earth, the Birds, Mountain Lions

by Allaire Koslo

April 2011 is alive with activity, an extremely exciting month for our earth and everybody! April 9 and 10 is the **American Cancer Society Relay for Life** at Quartz Hill High School at Ave L and 60th Street West. I will be singing with the Nuns for Fun, Noon on Saturday and then I teach Sunrise Yoga at 6 am Sunday morning, both events on the Mainstage. Veronica Flores of *Counting on Butterflies* will have a team there. Entertainment is free; come walk a lap for survivorship, for life!

April 18 is **Passover**, Friday, April 22 is **Earth Day**, Saturday, April 23 is Shakespeare's birthday, April 24 is **Easter**, Saturday, April 30 is our Leona Divide 50-mile Run beginning at 6 am at our Lakes Community Center! Come run, come cheer!

In addition, April 15-17 is the official count of our local **Tricolored Blackbirds** sponsored by the Audubon California and UC Davis. Keiller Kyle, an ornithologist with Audubon California (Sacramento) came to our area to check out the habitat in Leona Valley.

Conservation efforts are going to be concentrated in this area because half of the Southern California population lives right here. The Southern California population was close to 50,000 in 1997 and is down to only 3,800 today, which is why our area has become so important to study.

The tricolored blackbird is a Species of Conservation Concern and is legally protected under the Migratory Bird Treaty Act. The much more common red-winged blackbird is seen often around our Lakes area.

We have another legally protected species, a mammal: our **Mountain Lion** (Puma Concolor). Recently, up Pine Canyon in Lake Hughes a female Mountain Lion was shot and killed. Most of us who live in this area have never seen a mountain lion, and yet it is important to make sure we are aware of not only their presence, but also to learn more about them.

The Mountain Lion is the mascot for our local Hughes Elizabeth Lake school. There are other names used for the Mountain Lion, including Cougar, Catamount, Panther and Puma. This solitary majestic wild cat has roamed California and the continent of North America for tens of thousands of years. The range of a single, lone adult spans 100 square miles.

Section 4800 of Proposition 117 passed in 1990 classifies mountain lions as "a specially protected mam-

mal under the laws of this state."

According to the Mountain Lion Foundation (http://www.mountainlion.org/facts_biology.asp), there have been only 14 deaths in the last 100 years on the entire North American continent from attacks by mountain lions. "Encounters with cougars are rare and the risk of injury or death from an attack is infinitely small.

Fact: your chances of being killed by a domestic dog are more than 10 times greater. In California, about two people every year are killed by pet dogs and thousands more are treated in hospitals for severe bites and injuries (National Canine Research Center).

Yosemite National Park has cougars plus three million visitors a year. There has never been an attack in the park's history. More visitors have died from rockslides. On the list of daily "dangers" faced by Californians, cougars are but a footnote."

The California Wildlife Center says that sightings are very rare due to diminishing numbers in California. Most people who believe that they have seen a mountain lion have actually seen a bobcat, deer, or coyote.

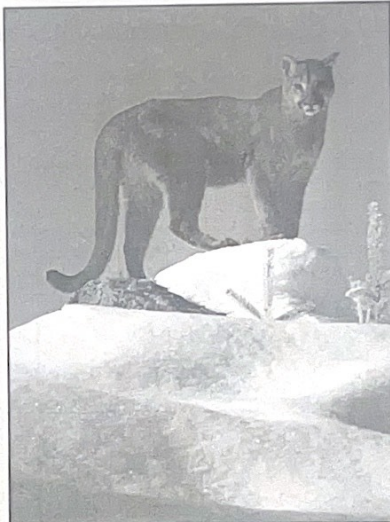
Their population has greatly diminished in number because they have lost habitats large enough to support them, and because they have been bounty hunted. Mountain Lions have proven relatively unable to adapt to habitat loss and competition with humans. They hardly ever harm humans, although they will defend themselves when threatened and will protect their cubs.

Mountain Lions are territorial and will defend their established ranges, particularly at courtship time.

Do not feed wildlife or leave pet food outside. Both may attract Mountain Lions by attracting their prey. Keep pets secure. Do not approach Mountain Lions; they want to avoid humans. Give them time and space to leave. Never run past or from a mountain lion. Make eye contact. Stand your ground. Always hike, backpack and camp in wild areas with a companion. www.californiawildlife-center.org/wildlife

Join me in respect for the creatures with whom we are fortunate to share our beautiful area. With the unrest and disasters in our world, it is now, more than ever that we have the chance to live sustainably.

Please, whether walking, running, bicycling, or driving, be aware, be careful. Every day is Earth day! Love your Mother! For the earth, your clean and green Honorary Mayor Allaire.



A mountain lion was recently shot and killed in Pine Canyon.

Beans protect against colon cancer

By Joel Fuhrman, M.D.

Colon cancer is the 3rd most common cancer in the United States, and it is the 2nd most deadly cancer.¹ Proper nutrition can dramatically cut colon cancer risk. Numerous studies have found beans to significantly decrease the risk of colon cancer.^{2,3,4}

A six year study tracking over 32,000 individuals found that those who ate beans, peas, or lentils only twice a week decreased their risk of colon cancer by 50%. If they cut their chance of colon cancer in half by eating beans twice a week, imagine the benefit of eating beans daily!

Beans' unique composition makes them a dietary wonder. Beans are rich in fiber and resistant starch and are not easily broken down by enzymes in the small intestine. They pass into the large intestine where bacteria ferment them into short chain fatty acids such as butyrate.⁶ Butyrate protects against colon cancer in many different ways:

- Butyrate halts cancer cell growth and causes cancer cell death.⁷
- Butyrate increases the expression of detoxifying enzymes and limits DNA damage due to oxidative stress.⁸
- Butyrate inhibits tumors from acquiring a blood supply.⁷
- Butyrate has anti-inflammatory effects.⁷

Dr. Fuhrman recommends that people eat some beans every day. Not only do they protect against colon cancer, they stabilize blood sugar and help you feel full.¹¹ There are a variety of beans to choose from: chickpeas, black-eyed peas, black beans, lima beans, pinto beans, lentils, red kidney beans, cannellini beans and many more. They can be flavored and spiced in lots of interesting ways. Add beans to soups, salads, dips, burgers, or explore the Recipe Guide on our Member Center for various recipes.

For references, go to DrFuhrman.com | 1-800-474-WELL(9355)

Big Kids' Book Corner: *One Crazy Summer*

by Rita Williams-Garcia

Reviewed By Dawn Baertlein

One Crazy Summer takes place mostly in Berkeley in the summer of 1968 where three polite little black sisters from Boston are dropped into the middle of the Black Panther scene.

Delphine, the oldest at 11, hardly remembers her mother, Cecile. Cecile left seven years earlier, when the youngest was barely born. The girls have been raised by their daddy and grandma ever since.

Big Ma doesn't have much good to say about Cecile, frequently describing her as a crazy lady living on the streets. So when the girls are told they're being sent to spend the summer in California getting to know their mother, they expect the worst.

Delphine takes charge, putting a positive spin on the trip by playing up the plane ride and dreaming of beaches, movie stars and Disneyland. She is determined not to let her sisters make a "grand Negro spectacle" of themselves in front of all the white people they meet along the way.

Told from the first person point of view of Delphine, the word choice reflects her time and place in history. The term African American never appears in the book, as it was not yet coined. This was a time of Afro hair styles, discrimination, and protests.

When they reach Berkeley, Cecile lives up to her reputation as a lousy mom. The kitchen is totally off limits, and dinner is always the same Chinese takeout that the girls have to go buy for themselves. But at least Cecile has an apartment rather than the cardboard box or park bench that Delphine feared.

Not that they get to spend much time in the apartment. Every morning Cecile sends them down the street to the park where the Black Panthers serve free breakfast and some sort of summer camp for kids. Cecile tells the girls to stay gone all day so as not to disturb her work.

Her work, like the rest of her is a mystery, but it turns out Cecile is a poet for the Black Panther cause, and has a printing press in her kitchen. Very cool!

One Crazy Summer, suggested for ages 7 to 12, won the Scott O'Dell Award for Historical Fiction, and is both fun and enlightening. A lot has changed in 43 years, and a lot has stayed the same.

Happy Reading!

Go For Fun Club Plans Activities

By Glenn McConnell, contributing writer

On Saturday, March 12, the Go For Fun Club had its monthly potluck. We meet at the Green Valley Bible Chapel (15228 Calle San Luis Potosi) the second Saturday of each month at 1 pm. The club is open to all residents of the Lakes and Valleys 55 years old and up. Our goal is to have fun, serve our community and network with other seniors.

At each potluck we try to have an informative presentation. This month we reviewed a short video on the new method for adult CPR (no mouth to mouth – 100 chest compressions a minute). Next month we have a guest speaker who sits on the Los Angeles County Council for the Aging.

Join us for our upcoming outings. On Sunday, April 10 we will be traveling to Newhall for an afternoon performance at the Canyon Theater. The play is called *Social Security*. It's about how to love and have fun even in your senior years.

On Saturday, April 30 we will be having a night of Bingo. We ask everyone to bring a prize (something nice around the house that you no longer want, not your old slippers). It could be a great book, a tool, a small appliance.

Last time we played, Sharon Ayres brought her old fashioned Hamilton Beach malt maker - just like the ones we saw at the soda fountain growing up.

Also bring a snack to share. We will be meeting at the Green Valley Community Hall (Spunky Canyon and Calle Bonita) at 6 pm. This event is open to everyone (young and old) at no cost.

If you have any questions, please contact Glenn or Bonnie McConnell at 270-9016.



Nutrition Instead of Drugs to Treat Autoimmune Diseases

By Joel Fuhrman, M.D.

According to the National Institutes of Health, autoimmune diseases affect 23.5 million Americans, and the prevalence is rising. Autoimmune diseases are one of the top 10 leading causes of death for women under the age of 64. The direct costs of autoimmune diseases are estimated to be around \$100 billion per year.¹

Unfortunately, the most common methods of treating autoimmune diseases are fraught with serious side effects:

- Rheumatologists commonly prescribe immunosuppressive drugs for patients with autoimmune diseases. These drugs decrease the immune response by damaging the immune system itself. When the immune system is suppressed, the body is much more susceptible to other infections and cannot repair damaged tissue.
- Cytotoxic (toxic to cells) and chemotherapeutic agents are the active part of immunosuppressive drugs, and this treatment is similar to undergoing chemotherapy for cancer. These cytotoxic agents are potentially dangerous. For example, the FDA has issued a warning for Remicade, a drug commonly used to treat autoimmune disorders, linking it with an increased risk of lymphoma, leukopenia, and opportunistic infections with fatal outcomes.²
- Immunosuppressive drugs greatly increase cancer risk. A 10-year study of patients undergoing immunosuppressive drug treatment found that the patients had a 400% increase in cancer risk.³
- Drugs used to treat rheumatoid arthritis are also strongly associated with a wide spectrum of hepatotoxic effects and drug-induced liver disease.⁴

Fortunately, numerous studies have shown proper nutrition to be an effective and safe treatment for autoimmune diseases.^{5,6,7,8,9} Proper nutrition removes toxins while simultaneously providing nutrients that normalize malfunctioning immune responses. Also, fasting is an effective adjunct to a high nutrient diet for autoimmune sufferers. I previously reported numerous case studies documenting the contribution of fasting to remission of autoimmune disease in published case reports.¹⁰

Autoimmune diseases, similar to cancer and heart disease, are primarily a result of inadequate early-life nutrition. While it is always preferable to prevent these diseases through diet in the first place, recovery through proper nutrition and intermittent fasting is possible in most cases.

By transitioning to a high nutrient plant-based diet and uncovering hidden food sensitivities, many of my patients who once suffered from autoimmune diseases have made significant improvements or have recovered and are free of illness as well as toxic side effects of the drugs. Read about Elisa's **recovery from lupus** accompanied with debilitating headaches and fatigue; Laurie's **freedom from MS flare-ups**; and many more stories of people who overcame autoimmune diseases with a high nutrient diet.

For further information, read my *Healthy Times Newsletter* on the Nutritional Care of Autoimmune Diseases.

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Emily Carnette Alvord was born on February 22, 2011 to Michael and Lauren Alvord (formerly Rischar). She arrived four weeks early, weighing five pounds 12 ounces and measuring 18 inches long.

Former Lake Elizabeth residents Michael, Lauren and baby Emily are currently living in Pocatello, Idaho, where Lauren is working on her associates degree in social and behavioral sciences and Michael is attending Idaho State University, majoring in accounting.

Emily's grandparents are Robert and Carnette Rischar of Lake Elizabeth and Hal and Diane Alvord of Simi Valley.



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